

School Health Promotion Morning Announcements

FEBRUARY: Take Care of Your Smile



Short:

[Start speaking here.]

You know you are supposed to take care of your teeth, but do you know why?

- If you don't take care of your teeth, cavities—which are like holes in your teeth—and unhealthy gums will make your mouth very, very sore.
- Eating could be difficult.
- And you won't feel like smiling so much.

But if you follow these five simple rules, you'll have a happy, healthy mouth!

1. Brush twice a day
2. Floss once a day
3. Visit a dentist twice a year
4. Limit sweet snacks and drinks
5. Eat nutritious food

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